

Surveys and questionnaires

A baseline survey will help to identify the number of children and young people already displaying the healthier behaviour outcome, set meaningful outcomes to increase or decrease that number and eventually be used to measure progress and show impact.

Feel Good Rainbow

Where are you on the rainbow today?



<p>I drink lots of water every day</p>	<p>I don't drink much water every day</p>
<p>I eat my 5 a day</p>	<p>I don't eat my 5 a day</p>
<p>I do enough exercise</p>	<p>I don't do enough exercise</p>
<p>I know my food groups</p>	<p>I don't know my food groups</p>
<p>I know how to keep myself healthy</p>	<p>I don't know how to keep myself healthy</p>
<p>I eat breakfast every day</p>	<p>I don't eat breakfast every day</p>

1 2 3 4 5

1 2 3 4 5

1 2 3 4 5

1 2 3 4 5

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1 2 3 4 5

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1 2 3 4 5

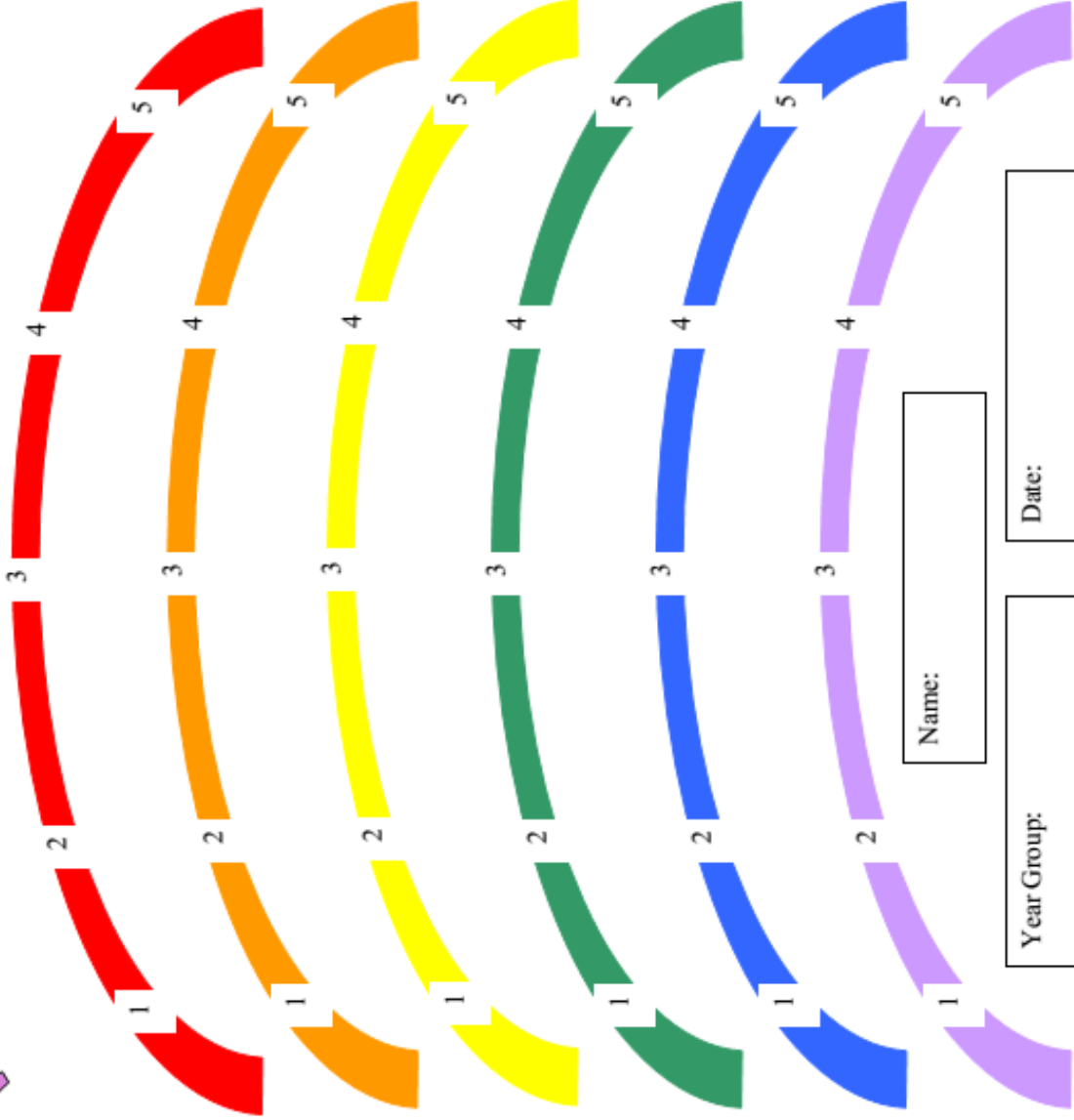
Name:

Year Group:

Date:

Feel Good Rainbow

Where are you on the rainbow today?



I like being at school

I enjoy play times

I feel safe at school

I like being me

I've got good friends

I know I can share my problems with an adult at school

I don't like being at school

I don't enjoy play times

I often feel scared at school

I don't like being me

I feel lonely

I don't think that anyone can help

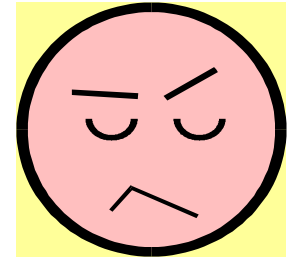
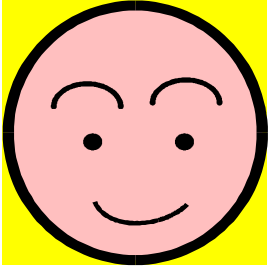
Name:

Year Group:

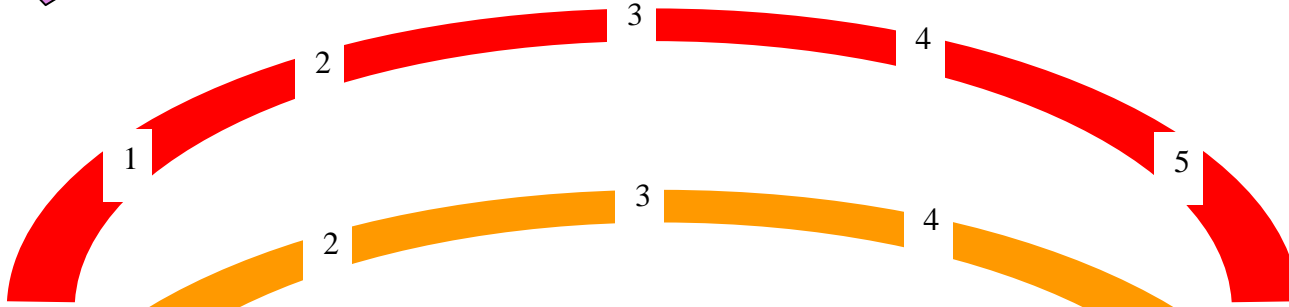
Date:

Feel Good Rainbow

Where are you on the rainbow today?

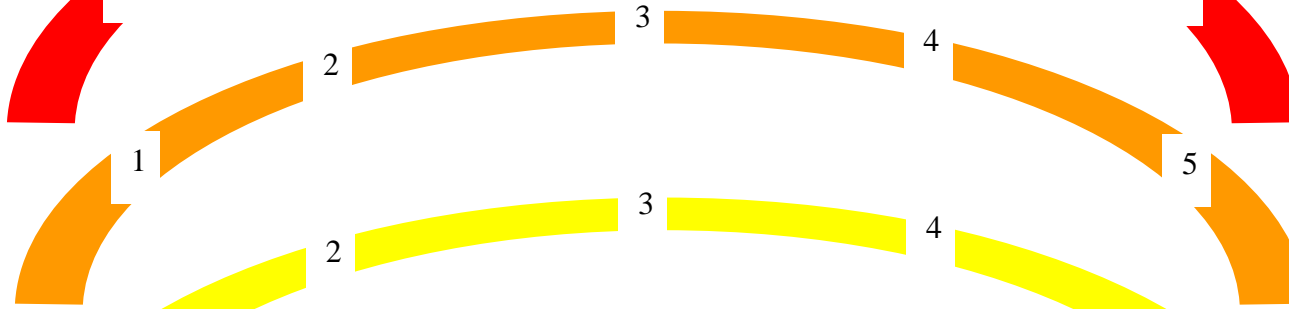


Empty speech bubble for the red section.



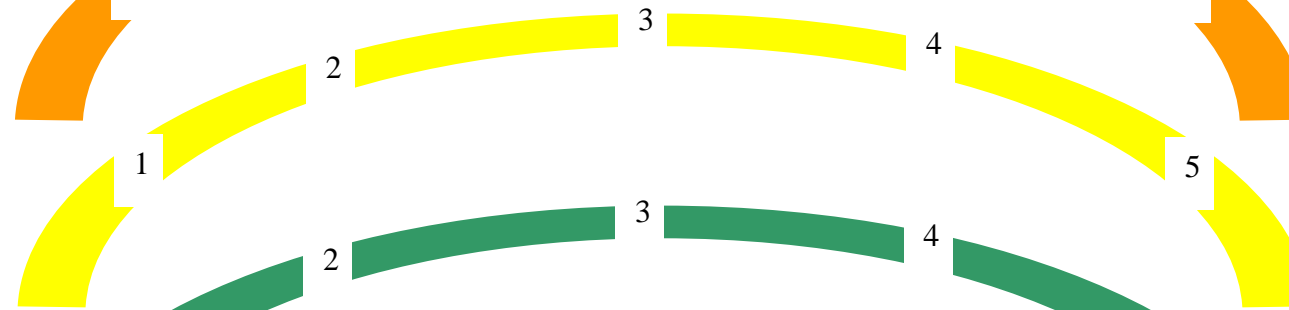
Empty speech bubble for the red section.

Empty speech bubble for the orange section.



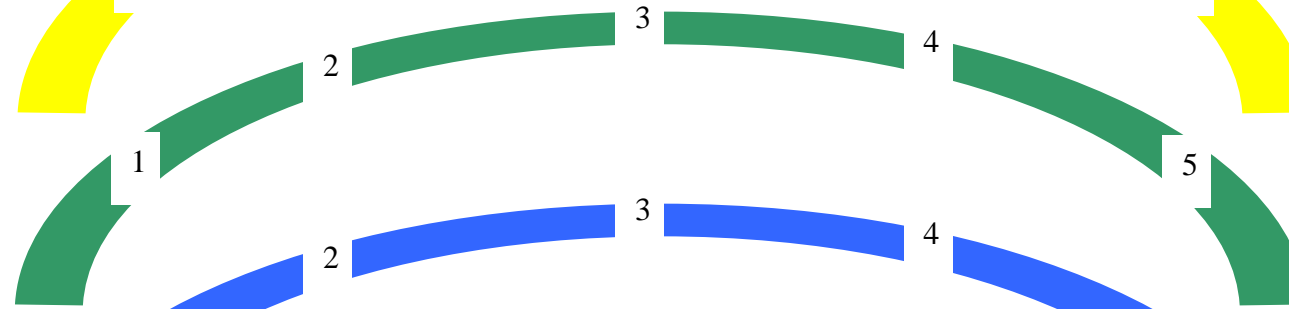
Empty speech bubble for the orange section.

Empty speech bubble for the yellow section.



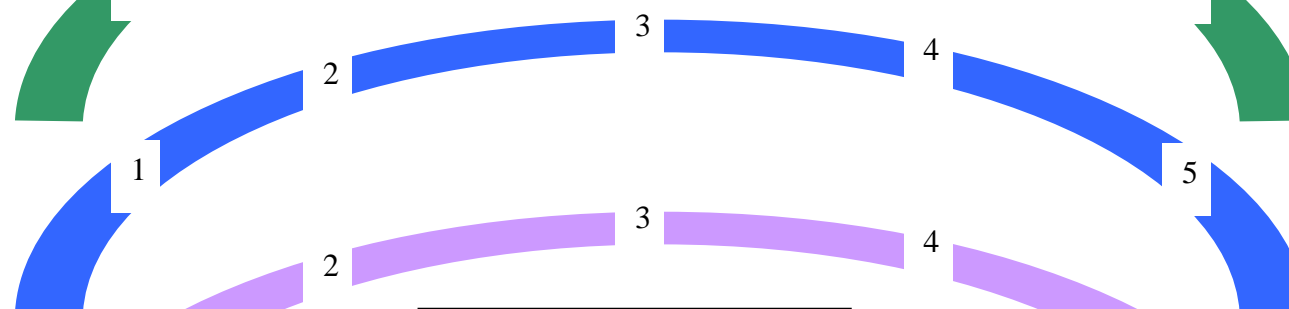
Empty speech bubble for the yellow section.

Empty speech bubble for the green section.



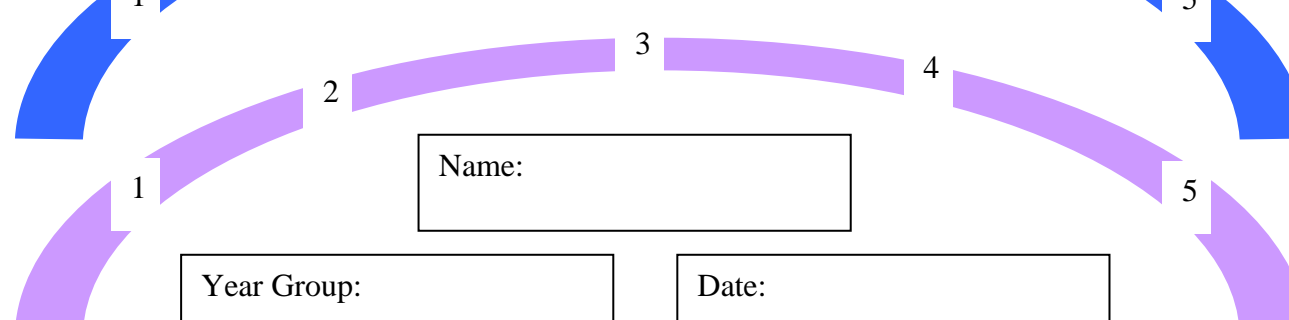
Empty speech bubble for the green section.

Empty speech bubble for the blue section.



Empty speech bubble for the blue section.

Empty speech bubble for the purple section.



Empty speech bubble for the purple section.

Name:

Year Group:

Date:

Increase no. children that access after school clubs and activities

Q1 In the last 4 weeks, have you taken part in any group activity led by an adult outside school lessons (such as sports, arts, or a youth group)?

Please tick **one** box only

Yes ₁

No ₂

Don't know ₃

Q2 Which of these have you been to in your free time in the last 4 weeks? (please do not count things that were part of school lessons)

Please tick **one** box on each row

	Yes	No
Local park or playground	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂
Sports club or class (not in school lessons and only count where you've done sport not just watched it)	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂
A youth centre or club to take part in organised activities	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂
A youth centre or club with few or no organised activities	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂
Religious, faith or community group (not including services)	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂
Art, craft, dance, drama, film/video-making group (not in school lessons)	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂
Music group or lesson (not in school lessons)	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂
Given your time to help a charity, a local voluntary group or done some organised volunteering	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂
Something else	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂

Healthy eating

Total children eating school lunch

Q1

On a school day, what do you **usually eat** at **dinnertime**?

Tick **one** box

- 1331
- I usually have a packed lunch 1
- I usually have something from school 2
- I usually go home for a meal 3
- I usually buy something to eat from a shop 4
- I usually eat nothing 5

Q2

What did you do for lunch yesterday?

Please choose the nearest answer

Tick **one** box

- 1331
- Had cafeteria lunch in school 1
- Had a set cooked lunch in school 2
- Ate a packed lunch 3
- Bought lunch from a takeaway or shop 4
- Went home for lunch 5
- Did not have any lunch 6

Physical activity

Walking/cycling to school

Q3 How do you usually travel to school?

Tick as many boxes as you like

1312-1329

Walk 01

Bicycle 02

Car or van 03

School bus 04

Other bus 05

Train 06

Underground, metro, light rail, tram 07

Taxi or minicab 08

Something else 09

Q4 How did you travel to school today? Was it by...

Tick as many boxes as you like

1312-1329

Car/van 01

School bus 02

Other bus 03

Train 04

Taxi 05

Bicycle 06

Walking 07

Other (please write.....) 08